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Eliminating Holiday Water Weight

- ✓ Check out the table to see how I went from 232 lbs. to 219 lbs. in 1 week.
- ✓ The objective of this program is to decrease water retention by reducing carbohydrate intake, increase specific training volumes while maintaining correct electrolyte balance.
- ✓ Use this as a guide, not all the exercise and meals are appropriate for everyone. If any exercises are unfamiliar switch it with something appropriate. The same goes for trail running and biking.
- ✓ It's set-up to be completed during the week and can be repeated as much as necessary.
- ✓ Will your weight loss be the same? Completely depends on how committed you are to staying healthy.
- ✓ Record morning and night weight in the space provided to track progress.
- ✓ If you come up with a plan, there is no reason for failure. Any progress is good progress!

**GOOD LUCK,
JP**

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Note: This was made for educational purposes and should be used as a guide. Always seek clearance from a physician prior to exercise.

Meal	Training	
Day 1	AM Weight:	PM Weight:
<p>Hydration throughout day: 1 gallon of water</p> <p>Breakfast 1 cup coffee black</p> <p>During the Day 1 handful baby carrots, 2 sticks of celery, 1 ripe banana, 1 apple</p> <p>Dinner 6 eggs (3 egg whites) omelet style cooked with olive oil lightly salted, ½ diced tomato, ¼ diced onion</p>	<p>5 minutes of Jump Rope</p> <p>1 hour jog in trail</p>	
Day 2	AM Weight:	PM Weight:
<p>Hydration throughout day: 1 gallon of water</p> <p>Breakfast 1 cup Coffee black</p> <p>During the Day 1 handful leftover turkey plain white meat, 1 handful blueberries, 1 handful spinach, 1 ripe banana 1 stick of celery</p> <p>Dinner 1 chicken breast cut and cooked with olive in wok lightly salted, 10 steamed string beans, 1 low fat yogurt</p>	<p>5 minutes of Jump Rope</p> <p>10 Rounds: 3x Pull-ups 5x Push-ups 10x Sit-ups</p> <p>5 minutes of Jump Rope</p> <p>5 Rounds: 6x Pull-ups 10x Push-ups 20x Sit-ups</p> <p>20 minutes stationary bike moderate tension</p>	

Day 3	AM Weight:	PM Weight:
<p>Hydration throughout day: 1 gallon of water</p> <p>Breakfast 1 cup Coffee black</p> <p>During the Day 1 handful baby Carrots, 2 sticks of celery, 1 ripe banana, 1 apple</p> <p>Dinner 6 eggs (3 egg whites) omelet style cooked with olive oil lightly salted , ½ diced tomato, ¼ diced onion, ½ cup diced broccoli heads</p>	<p>5 minutes of Jump Rope</p> <p>1 hour jog in trail</p>	
Day 4	AM Weight:	PM Weight:
<p>Hydration throughout day: 1 gallon of water</p> <p>Breakfast 1 cup Coffee black</p> <p>During the Day 1 handful leftover turkey plain white meat, 1 handful blueberries, 1 handful spinach, 1 ripe banana 1, stick of celery</p> <p>Dinner 1 chicken breast cut and cooked with olive in wok lightly salted , 10 steamed string beans, 1 low fat yogurt</p>	<p>5 minutes of Jump Rope</p> <p>16-2 (Complete each exercise 16x then decrease by 2x the following round) Burpee Pull-ups 200 Versa Climber Step-ups each leg HR Push-ups</p>	

Day 5	AM Weight:	PM Weight:
<p>Hydration throughout day: 1 gallon of water</p> <p>Breakfast 1 cup Coffee black 1cup of plain oatmeal</p> <p>During the Day 3 sticks of celery dipped in organic peanut butter, 1 handful baby spinach, ½ red bell pepper</p> <p>Dinner 6 eggs (3 egg whites) omelet style cooked with olive oil lightly salted , ½ diced tomato, ¼ diced onion</p>	<p>5 minutes of Jump Rope</p> <p>1 hour bike ride moderate intensity</p>	

Repeat as many times as needed in one month.

E-mail me with any question. fastraininginc@gmail.com

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